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DEADPOOL'S DOUBLE TAKE

Part-time Calgary teacher, part-time stunt double on the set of hit film metroNEWS

From left: Calgary's own Michelle C. Smith (stunt double for Angel Dust), Gina Carano (who plays Angel Dust), Andre Tricoteux (stunt double for Colossus), Brianna Hildebrand (Negasonic Teenage Warhead), Rorelee Tio (stunt double for Hildebrand), and Philip J Silvera (stunt co-ordinator).

Rule change concerns paramedic

EMERGENCY RESPONSE

New ambulance speed limit begins Friday

Jeremy Simes
For Metro | Calgary

Some paramedics are slamming new driving rules that could make for longer ambulance rides to hospitals.

The rules — which take effect provincially on Friday — say paramedics can only drive a maximum of 15 km/h over the posted speed limit when operating emergency vehicles with lights and sirens activated.

Prior to the change, operators could drive at a speed of 25 per cent over the posted limit, while operating with lights and sirens.

Come Friday, that means ambulances can only travel up to 115 km/h on Deerfoot Trail when they could normally travel at a max of 125 km/h, when safe to do so.

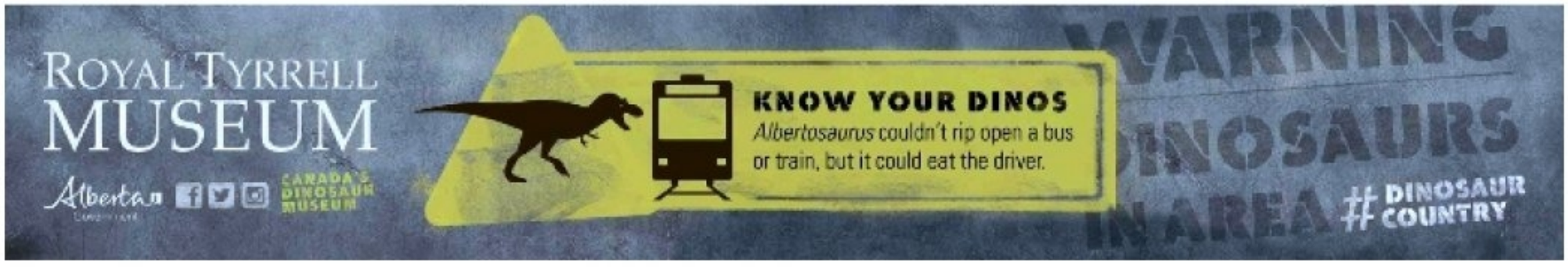
"This will increase response times and transport to (emergency room) times," said an Alberta Health Services paramedic, who requested to remain anonymous.

AHS said the rule creates a culture of safe driving and is in line with standards set by other Canadian jurisdictions.

It said its priority is to get patients to hospital safely, while ensuring the safety of EMS staff and other motorists.

The paramedic said the rule could work if there were enough ambulances in the big cities.

"We regularly run out of ambulances so, for example, to get someone undergoing cardiac arrest across Calgary and Edmonton at 15 km/h over the posted speed limit is absolutely ridiculous."



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WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole.

"The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

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HolaEcuador is offering free informational seminars in several locations across Canada. These sessions are the perfect opportunity to discover more about the advantages of property ownership, living and investing in Ecuador. In addition, you'll become familiar with the many attributes of this real estate development as well as the essentials of property acquisition in this beautiful country in Latin America.

Space is limited. Prospective attendees are encouraged to register in advance with the local sales representative.

Free informational seminars

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EDMONTON: Sunday, February 21, 10 a.m.
Four Points Edmonton Gateway, 10010 12 Ave SW

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[1] Prices converted in Canadian dollars - subject to change without notice.

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Your essential daily news

Quebec film industry looks into name of Jutra Awards amid pedophile allegations against Claude Jutra.

Company linking board games to job performance

EMPLOYMENT

Games a way to help employees learn, connect, say owners

Aaron Chatha
Metro | Calgary

Questions like, "How much of a risk taker are you in this current economic climate?" and, "Do you even lift, bro?" aren't usually associated with board games — unless you're at an event thrown by Games YYC.

Calgarians David Minken and Mike Procee use board games as a way of letting people get to know each other on a more intimate level.

As an example, Minken said the group was recently approached by a local recruitment company to help them learn more about oil and gas.

"I said,'Believe it or not, there's a board game for that,'" he told them.

Called Black Gold, the game has players drilling for oil and building infrastructure.

They hire geologists for their company, and a geologist might do a great job at finding wells.

Then players must pay for the infrastructure to get oil from those wells.

Players then have to take the oil to market but, as Minken explained, sometimes the board game economy can mirror real life, and the price of oil falls low, resulting in a loss of money for the company.

At this point, Minken said, many players choose to fire the geologist.

"Well, no, he did a great job, it's just all these other things aren't aligned," Minken said. "So, there's risk-taking mechanisms inside the game and you're shown which type of person would take the risk and what person doesn't.

> **We're able to use a board game to highlight their objectives.**
> David Minken

"So when they're hiring for different roles, what type of person are they looking for? We're able to use a board game to highlight their objectives."

The partnership was created when Minken and Procee connected through social media and discovered a mutual love of board games.

With board game cafés surging in popularity within the city, Minken and Procee said it's no surprise — they've been holding events for some time and have found people love bonding over board games.

Ticket to Ride
Dixit
Five Tribes
Gaia Project
Gaia Project
Gaia Project

CITY HALL

Whistleblowing up 50% in 2015: Auditor

Brodie Thomas
Metro | Calgary

Almost 50 per cent more city employees sought to blow the whistle on something they found inappropriate last year than in 2014, according to the city's auditor.

Auditor Katharine Palmer's annual report to council, which goes to the city's audit committee Thursday, looks at the program and how it is working for city employees.

Palmer said there was a 49 per cent increase in the number of new files opened in 2015 when compared to 2014.

Of the 88 files opened in 2015, 35 warranted investigations. That number only increased by three per cent over 2014 numbers.

Palmer reported that the city increased resources to clean up a number of outstanding files in 2015. There were 73 files still open, and at various stages of completion, at the end of last year.

Coun. Richard Pootmans said the growing number of files could be slightly misleading, as there have been years since the program's inception in 2007 when the city saw nearly 100 files opened.

Overall, he believes, the program is healthy and working.

"I agree with the auditor's report that they view this (increasing use) as growing confidence in the program. From the little bit I'm familiar with it, there's still some lack of clarity on what the terms of the whistleblower program are about."

He said the program's key focus is on waste and wrongdoing for city employees or city operations. Pootmans has seen examples of whistleblower files being redirected to administration when they are actually human resources issues that don't warrant full investigations.

Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions – your golden opportunity to discover your program options, ask questions and sometimes, tour our campus. Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here are just a few we're offering this month:

ENGLISH LANGUAGE FOUNDATIONS

We offer English language upgrading to help ESL learners live, work or pursue further education in Canada. Attend this session to discover how to get started at SAIT, learn about the English Language Foundations program, your funding options and what we can do to support your goals.

Join us on Wednesday, February 17 at 6:00 pm in Room NN108, Chinook Lodge Aboriginal Resource Centre in the Senator Burns Building.
For more information or to confirm your attendance, please call 403.210.4045 or email elf.infosession@sait.ca.

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Join us Wednesday, February 17 at 6:30 pm at the Centre for Rail Training and Technology – 1940 Centre Avenue NE.
Visit sait.ca/transportation for more information and to register.

AVIATION CAREERS

Do you love aviation? Do you want to turn your passion into a career? If so, one of these programs may be right for you:

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- Avionics Technology
- Aircraft Maintenance Engineers Technology

Join us Thursday, February 18 at 6:30 pm at the Art Smith Aero Centre - 1916 McCall Landing NE.
Visit sait.ca/transportation for more information and to register.

SAIT POLYTECHNIC

Study co-author **Stephanie Borgland.** UNIVERSITY OF CALGARY

Overeating a vicious cycle

U OF CALGARY

Study shows sweet, fatty foods lead to more of same

Jeremy Simes
For Metro | Calgary

Whenever you eat fatty, sweet foods, there's a chance you'll seek more goodies to eat and, well, overeat.

That's according to a new study out of the Hotchkiss Brain Institute at the University of Calgary Cumming School of Medicine.

In fact, overeating is the largest determinant of obesity: one of the country's biggest health crises affecting Canadians, according to Stephanie Borgland, the senior study author and associate professor in the Department of Physiology and Pharmacology.

24

Period of hours in which mice who were fed shortbread cookies learned to take risks to get more of the coveted treat.

She said the study shows that one full day of consuming sweet, fatty foods increases the number of synapses onto dopamine neurons, which are responsible for motivational behaviour.

And that change in brain activity can last a week, potentially causing people to food-seek and overeat days after sinking their teeth into sweets or fried foods loaded with sugar, she added.

The study examined mice that were exposed to an unlimited amount of sweetened high-fat food — similar to shortbread cookies — for a period of 24 hours. After that period, the mice returned to their regular food.

Borgland said mice and humans have similar circuits in terms of food intake.

Once the mice were back on their regular diets, researchers found the mice took risks to acquire the coveted shortbread cookie.

Borgland said the mice — which ate the shortbread — would enter well-lit areas, despite their innate fear of light. The mice that didn't eat the sweet, fatty substance didn't show such behaviour.

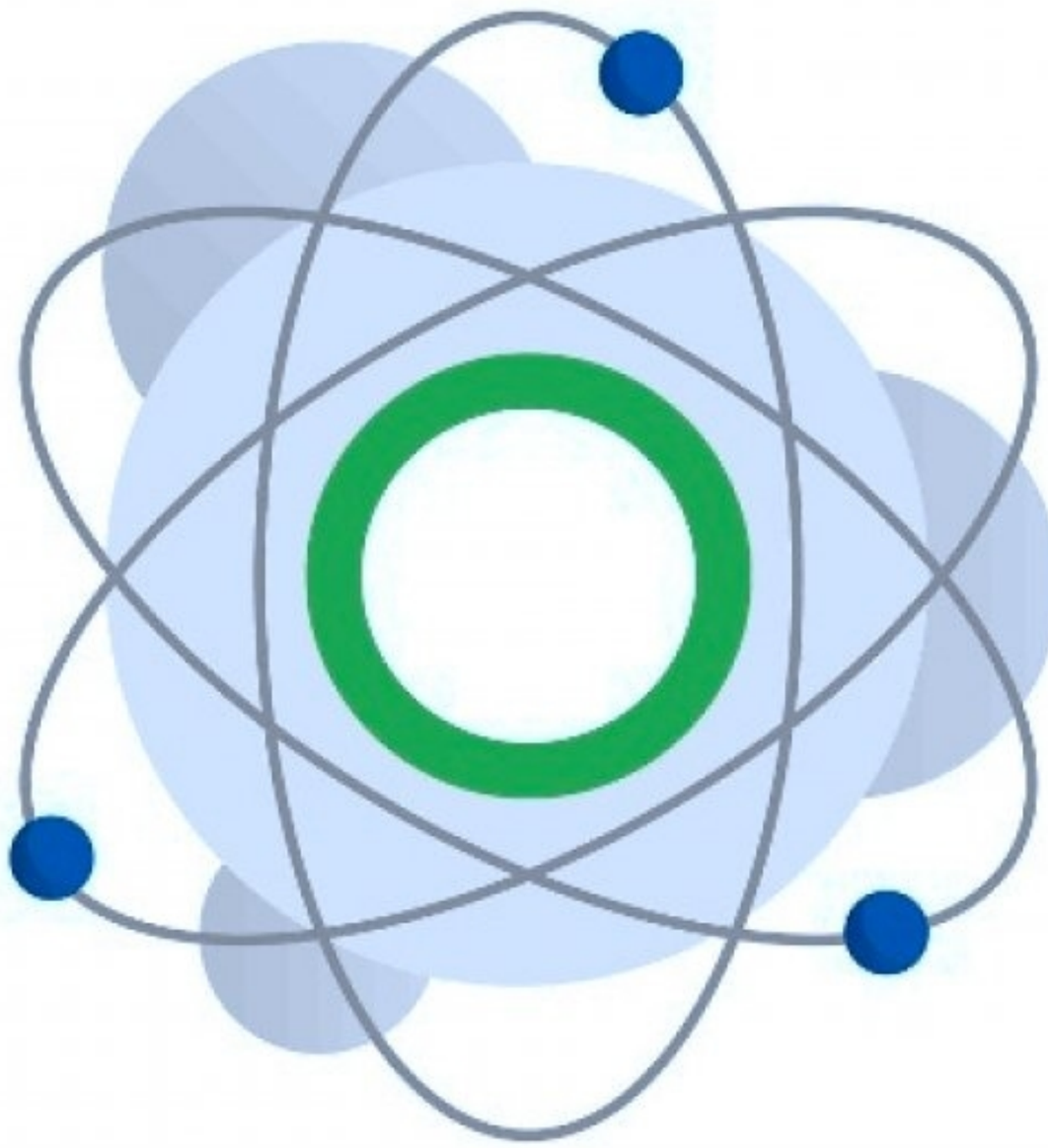
That's all due to the synaptic change in the mice's ventral tegmental area, a region of the midbrain that plays a central role in reward-seeking.

The finding suggests the brain is being primed to want to eat more, despite hunger levels, Borgland said.

On top of that, the research should help people understand that a small treat now can have long-lasting implications in what they'll eat.

"It could lead to this vicious circle if you're trying to limit your food intake," she said.

The researchers' next project is to see how the sugary-food effect affects those who are stressed out or those who are obese.



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Local stunt-double's Deadpool hits

FILM

Michelle C. Smith says all the bruises were worth it

Jeremy Simes
For Metro | Calgary

Michelle C. Smith is used to taking the fall — or smash — for actors. Smith was the stunt double for Gina Carano (who plays Angel Dust) in the movie Deadpool, based on the Marvel Comics character.

In fact, she never applied for the position — Deadpool staff called her up right before she was about to teach a class.

"They were like, 'Can you come right now?'" said Smith, who was living in Vancouver at the time. "Within an hour of that call, I was shaking hands with the director."

From there, Smith would spend the next two months being thrown at cars and walls, smashing into a bunch of things over — and over — again. "It's a little rough," she said. "It's not for the faint of heart."

There's one scene, though, where another stunt double, Andre Tricoteux, choke slams her. There was no padding for that scene, Smith said, adding she basically slammed herself — there's no way Tricoteux could do the move.

"I had to jump as high as I can, lift my knees up, kick my legs out and basically land myself on the back of my neck and shoulders," she said. "That one was pretty rough — we did it a couple of times, but usually you do it as many times as they ask you."

Smith said she manages the pain by using breathing techniques and withholding any tension in the body.

But what's proven most beneficial is to stay calm.

"Sometimes you're terrified, and that's part of the job and that's part of the fun of it," she said. "I found that learning to meditate has been really important as a stunt performer."

Smith returned to Calgary in June to teach budding baton and acrobatic performers, after living in Vancouver for about 12 years.

> **It's a little rough. It's not for the faint of heart.**
> Michelle C. Smith

The move was also a chance for her to re-discover her roots and reconnect with family — she said she needed to remove herself from the stunt-double scene.

"Teaching is one of my passions," she said. "If I can empower people to want to work harder or experience things in their body — or learn something new — then I've done my job."

Plus, she gets called up for stunt gigs on the side — something that's worked out perfectly, she added.

"Deadpool has been my favourite," she said. "We had a real opportunity to be a unit. It was just a really, positive, fun, no-ego show. You knew it was going to be good."

Michelle C. Smith, seen here at work, also did stunts for Soldiers of the Apocalypse. CONTRIBUTED

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DIVERSITY

Fighting the good fight against Islamophobia

Shima Safwat wants Calgary mosques to open up to non-Muslims. AARON CHATHA/METRO

Aaron Chatha
Metro | Calgary

Shima Safwat is combating Islamophobia in Calgary with open arms — and open doors — at the Ranchlands Mosque.

On Sunday, the Mosque will open it doors to Muslims and non-Muslims alike, to give Calgarians the opportunity to come, eat food and ask any burning questions they have about the Muslim faith.

Safwat held a similar event last year called Meet Your Muslim Neighbours, which she felt helped clear up common misconceptions about the faith.

"Some people were asking about the status of women, are they oppressed?" she said. "Of course they are not. We have to follow the rules of our religion, but we still have our freedom."

She's hoping this event will allow people to ask questions freely and see how the religion practices first hand — and inspires other cultures and religions in Calgary to open their doors in a similar fashion.

"We need to do more events to get people together, to learn about every culture," said Safwat. "To be honest, I don't know enough about other cultures, other than my own and Canadian culture."

The event will be held Feb. 21 from noon to 5 p.m. at Ranchlands Mosque.

Newcomers look through donations from police at the Syrian Refugee Support Group warehouse. CONTRIBUTED

Police give to refugees

COMMUNITY

Syrian group thankful for large donation of toiletries

Lucie Edwardson
Metro | Calgary

A donation from the Calgary Police Service (CPS) to Syrian refugees sends a strong message to newcomers, according to the co-founder of the Syrian Refugee Support Group.

Sam Nammoura, co-founder of the support group, said CPS dropped off a sizable donation of toiletries and personal hygiene items to their warehouse last week. He said it's this kind of thing that lets the refugees know that Canadian police can be trusted.

"In Syria lots of Syrians look at policemen as the symbol of brutality and corruption, but most importantly they are the source of fear," he said. "By reaching out, CPS is sending a clear message to newcomers that they're here to serve and protect — a phrase Syrians thought only existed in Hollywood movies, not in real life."

Const. Kelly Mergen of the CPS diversity unit said it was simply the right thing to do.

"Some things you do simply because it's the right thing to do and like many Calgarians we want to help," he said. "The Syrian Refugee Support Group has made it so easy to donate and do something with their warehouse."

Mergen said it also shows the refugees that policing is different in Canada than the countries they're coming from.

"It's probably a completely different experience than what they're used to," he said. "I've met many of the refugees and heard their stories and I want to be a friendly face to them."

If you wish to drop off donations or help the Syrian Refugee Support Group, visit www.yycsyr.ca.

IN BRIEF

Racist graffiti on school wall

Police are investigating hateful graffiti sprayed on the walls of a southeast junior high school.

The phrases "Syrians go home and die," and "Kill the traitor Trudeau," were sprayed on the outer wall of Wilma Hansen School.

A CBE official said when vandalism occurs, police are notified and arrangements made to remove it as soon as is practical.

"We are very disappointed any time something like this happens at a CBE school or building," read a statement.

AARON CHATHA/METRO

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Showcase for game developers

INDIE GAME BASH

Local talent in need of extra life in form of investors

Aaron Chatha
Metro | Calgary

Designers are levelling up Calgary's game development scene with a party dedicated to showcasing locally created video games.

Justin Luk, director on the Calgary Game Developers board, said Calgary's game development scene is small, but steadily growing. It's easier than ever to find information online and begin creating a video game — but the biggest challenge developers face is visibility among a sea of new games created in basements and small studios.

"That's the problem we're having making games in Calgary right now," Luk explained. "Most of us don't really have a big following, but it's slowly growing."

Since there's a large amount of competition in the indie game scene, on a global scale, developers need to collect the mushroom called innovation to stand out. The Indie Game Bash on Saturday will shine a spotlight on local games.

"Indie games tend to be more risky," said Luk. "The mechanics are usually different. You'll experience something new that you haven't experienced with a traditional triple-A, Call of Duty-type game."

> **Most of us don't really have a big following, but it's slowly growing.**
> Justin Luk

As an example, Luk pointed out the popular indie game Keep Talking and Nobody Explodes, which gives one player a paper manual to help another player diffuse a bomb on the computer.

Justin Luk, organizer, said the Indie Game Bash will feature a number of locally developed games for Calgarians of any skill level to try out and have fun with. AARON CHATHA / METRO

That outside-the-box approach is helping Calgary developers stick out with fresh ideas — for example, the concept behind the locally developed Don't Be Patchman has the player helping free citizens, referred to as Sheeple, from economic enslavement caused by a Drone army. The twist is that the player, Patchman, helped enslave the Sheeple in the first place, and is now trying to rescue the people he betrayed.

But where local developers are getting points for innovative ideas, the Calgary game industry is in need of an extra-life from investors who have typically invested in oil and gas, or in Calgary's independent film scene.

"Film can be very expensive and risky," said Luk. "But they can take that same amount of money and invest in five or six indie games and possibly have more chance of success."

Luk said he believes one day Calgary could become known for it's independent game scene.

NEED TO KNOW

When and where

- The Indie Games Bash takes place on Feb. 20 at the Sunalta Community Centre, from 7 p.m. to 1 a.m.
- For more, visit www.indiegamebash.com

Provincial flag contest celebrates history

AWARENESS CAMPAIGN

Goal is to help students learn about Alberta's birthday

Sanam Islam
Metro | Edmonton

In the coming years, a flag designed by a Calgary student could be hoisted at the Alberta Legislature on the province's birthday.

It's a potential prize for the winner of the first Alberta Birthday Flag Contest, launched by the historical Bow Valley Ranche near Calgary, to increase awareness about the province's birthday on September 1.

"I've been blown away by the response — it's exceeded my expectations," said Rob Lennard, a historian and director of education and outreach at the Ranche.

In the last several months, he said more than 150 Grade 1 to college-level students across Alberta have submitted their handmade and computer-generated Alberta flag designs as part of the contest.

The contest — which ends Feb. 21 — builds on Lennard's idea last year to celebrate Alberta's 110th birthday at the ranch, which involved a re-enactment of the 1905 provincial inauguration.

"I would ask hundreds of kids at a time, how many of you can tell me the day of the year that Alberta became a province? And none of them could tell me that," he said.

The winner will also receive cash, two flags — one for themselves and one for the school — in addition to having their flag raised in Fish Creek.

Rob Lennard said the lack of awareness about Alberta's birthday inspired him to create a province-wide competition. CONTRIBUTED

EDUCATION

Universities ponder gender-neutral forms

Helen Pike
Metro | Calgary

Two post-secondary institutions have come out and recognized the need for a third application option when it comes to registration.

In January, The University of Alberta became among the first Canadian post-secondary institutions to add the "another/prefer not to disclose' option to applications after a member of student government made it their mission to see a third box in support of the transgendered and questioning community.

But in Calgary another gender option is easier said than done.

Angelique Saweczko, the University of Calgary registrar, wrote in a statement their student information system would need enhancements to add another gender option. She continued to write the Alberta Postsecondary Application Service form (APAS) also has a male or female gender response option.

"Changes to this form require a formal approval process and would apply to all institutions using APAS," Saweczko wrote.

"Given timelines, we are looking at an internal process that will allow students to indicate a third option after they have been admitted."

Romy Garrido, the VP external at the University of Calgary Students' Union and the chair of the Canadian Alliance of Students' Associations (CAUS), said both groups support and applaud the University of Alberta's move towards inclusion.

"It just provides more inclusivity for students," said Garrido.

"I think students who identify as non-binary or perhaps as trans students — they may feel alienated from the very beginning, as soon as they apply to University, seeing that there isn't really a spot for them to identify."

> **It just provides more inclusivity for students.**
> Romy Garrido

Garrido added it's important for universities to set that precedence from the get go, as it lets students know they are welcome right from the point of application.

"I think we are behind the times when it comes to stuff like this, but we're definitely seeing progress as we go," said Garrido.

Phil Warsaba, associate vice-president, enrolment management for Mount Royal University said they are also looking into an expanded gender option for applicants.

"We are actively discussing gender diversity in relation to our student information systems," wrote Warsaba in a written statement.

"In the process, we are consulting with post-secondaries in Canada and the United States about best practices. As reflected in our institutional strategic plan, Mount Royal University strongly believes in fostering an inclusive learning environment for all students, employees and community members."

INNOVATION

The University of Calgary has introduced a Q Centre, which welcomes students of all backgrounds, and in 2015 established the campus' first gender-inclusive washroom.

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HOUSING

Non-profit corporation aids those who need a hand up

Brodie Thomas
Metro | Calgary

Growing up, Heather Johnson's family moved around a lot.

"I think we came from gypsies," she joked.

Her parents split when she was a year old, and home ownership in the city was simply out of the question.

And so, the pattern continued when she reached adulthood.

Johnson said she lived in apartments her entire adult life — mainly aiming for lower-cost ones in an attempt to save money.

Sometimes she didn't even have an apartment.

"I lived in a women's shelter for a while. I was even homeless for a few nights. It doesn't sound like much but it was scary," she said.

Having been to the bottom means her current digs are all the more appreciated. Johnson is now the proud owner of a condo in Glenbrook Park.

At 604 square feet, it's not huge but it belongs to her. She said she could have purchased a larger two-bedroom in Mahogany, but she's always felt more comfortable closer to the downtown.

She said she's the first person in her family to have purchased a home.

"The more you have, the more you have to lose. I was scared to own something, because I thought I could lose it," she said.

Her mother helped her change her mind after sending her an ad for Attainable Homes — the city's non-profit corporation, which gives working Calgarians a hand up in purchasing a home.

"It just didn't seem real. It seemed too easy," said Johnson. "The only catch I've seen is that you have to pay back what they give you."

> **Even if it costs more, it's my money going to me.**
> Heather Johnson, on equity

Johnson attended one of the educational sessions held by Attainable Homes. From there she worked with Bre-Ann Dart, who is a sales associate with the organization.

Dart said she's not a salesperson in the typical sense of the word.

"Basically what we're doing is matching people in our inventory with what they can afford," she said.

People purchasing property though Attainable Homes have to meet certain criteria, such as not making too much money. They also have to get approved for a regular mortgage.

Heather Johnson in her new Glenbrook Park condo, which she purchased in August with some assistance from Attainable Homes. CONTRIBUTED

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Riders with autism underserved: Study

PUBLIC POLICY

Calgary Transit offers training for those with special needs

Helen Pike
Metro | Calgary

A University of Calgary report looks at the transportation challenges presented by autism spectrum disorder. METRO FILE

Imagine for a minute you have enough independence to keep a steady job, but can't take public transit or drive and are relying on family members to ferry you to and from work. This is the reality of many Calgarians with autism spectrum disorder.

The University of Calgary School of Public Policy published a report this month on the transportation challenges faced by individuals living with autism spectrum disorder (ASD) suggesting there's a gap in transportation research, policy and programming for individuals with the neurological disorder.

The study took three different autistic subjects, high-functioning, medium-level ability and someone with low abilities, and did a case study based on what they needed over a typical transit rider.

"People with autism have trouble with organizing skills, planning skills, they have social challenges, they may have behaviours that are repetitive, they may have some sensory issues," said Carolyn Dudley, research associate at the School of Public Policy.

She said municipalities with higher technology initiatives tend to be more responsive to people with autism but that overall transit training in four different provinces tends towards the elderly and physically disabled.

"There's very little in place for those with behavioural needs," Dudley said. "Calgary could probably improve on unique transit training programs to address those issues, special-needs bussing issues around severe behaviours could be improved, and I think generally just hearing the voices of people who have high- and low-functioning needs because the range of the spectrum is different for those who have high and low needs."

Calgary Transit said they have many programs in place for those with ASD such as travel training, and transit training camps for younger commuters.

"Calgary Transit Access does provide for service for people whose cognitive challenges impede their ability to use conventional transit services (Calgary Transit fixed route)," wrote spokesman Ron Collins.

"We provide travel training for all customers including those with cognitive challenges which helps them to become familiar with transit and how to use it. The renovations that CT is making to current LRT stations and design on new stations, incorporates best practices in consistent street furniture layout and access. Funding, of course, is always an ongoing issue."

WE ASKED YOU

How did you spend your Family Day holiday?

We went swimming at Southland Leisure Centre.

Spencer Campbell, 11

We had a pancake breakfast and went to the pool. I liked spending time with my family.

Erik Jack, 10

We went skating. Our niece is visiting from Texas. It's just nice to have some downtime and spend it with the ones you love.

Connie Johnson

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Troops head into the North

METRO'S ARCTIC ADVENTURE

Braeden Jones
Metro | Winnipeg

Arctic Ram readies Forces for sovereignty response

"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're part of a larger contingent of Canadian Forces members training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess Patricia's Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Paratroopers set up a preliminary camp with light gear. BRAEDEN JONES/METRO

Most had never been as high as Resolute Bay, close to latitude 75 degrees. It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north.

The community of Resolute is one of the most northern populated settlements in the Canadian Arctic.

But the reservists stayed at the Arctic Training Centre northwest of that hamlet on Saturday night. They'll spend subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise will be staged.

The mock scenario this week has the ARCG responding to a "downed satellite," with the objective of locating its parts.

The PPCLI paratroopers responded first on Friday, setting up a preliminary camp.

After spending most of Saturday evening repairing snowmobiles and specialized "Komatik" sleds, ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said the training is "invaluable."

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

During Exercise Arctic Ram 2016, Metro will be reporting on aspects of the Canadian Arctic, the community of Resolute and the military's presence and training in the area.

INDIGENOUS WOMEN

Pre-inquiry talks come to close

Michael Woods
Metro | Ottawa

The federal government is a step closer to launching a national inquiry into missing and murdered indigenous women after wrapping up pre-inquiry consultations in Ottawa on Monday.

Minister of Indigenous and Northern Affairs Carolyn Bennett and Minister of Status of Women Patty Hajdu met with families of missing and murdered indigenous women at a downtown Ottawa hotel.

The meeting was the last of 18 across the country over the past three months, during which the ministers heard from 2,000 people about who should conduct the inquiry, its scope and length and who should participate.

"We're going to take everything we've heard and try to turn it into a very different inquiry than Canada's ever seen before," Bennett told reporters.

She said she hopes to launch the inquiry by the summer.

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metro

Bollywood star Sunny Leone's latest film, the sex comedy Mastizaade, was delayed by India's Central Board of Film Certification for six months because of its sexual content.
ASHISH SHARMA/REX FEATURES/TORSTAR NEWS SERVICE

INTERVIEW

Bollywood star boasts Canadian roots

The most googled person in India hails from Sarnia, Ont.

Sunny Leone, a Bollywood movie star, is the best-known Canadian in that nation of almost 1.3 billion.

Leone has topped India's Google searches every year since 2012 — eclipsing even wildly popular Prime Minister Narendra Modi.

A daily fixture on the Bollywood pages of India's thousands of newspapers, she appears in ads for energy drinks, her own line of perfume and condoms — a wink at her early career starring in American porn films.

Leone exudes Canadian modesty when discussing her fame in the world's largest movie industry, which annually releases more than twice as many productions as Hollywood.

"I just see myself as a girl that just wants to work and is happy doing that. I know it all goes hand in hand but for me I'm just following my dream of working in Bollywood," she told Torstar News Service.

Born Karenjit Kaur Vohra in Canada 34 years ago, she has happy memories of her childhood in southwestern Ontario before her family moved to the U.S. when she was a teenager.

"It was great growing up in Sarnia — great place for kids to grow up," said Leone, whose parents have since passed away.

Unapologetically liberal in a country with strict film censorship rules that prohibit nudity from being shown on screen, Leone gained even greater prominence last month after a contentious interview with journalist Bhupendra Chaubey on CNN's Indian network.

In a scolding tone, Chaubey condemned her "past as a porn queen" and suggested she was causing the spread of pornography in India.

Afterward, many in India rallied to her defence, saying no male Bollywood star would have ever been treated so disrespectfully. TORSTAR NEWS SERVICE

Drug industry wines, dines physicians

HEALTH CARE

Dinners are opportunities to peddle meds, critics claim

A three-course dinner was served to the doctors assembled to hear the presentation in the restaurant's private dining room.

After the plates were cleared, the speaker, a general practitioner with a specialty in chronic pain, wrapped up his lecture and slide show.

While discussing effective drugs for lower back pain that is moderate but persistent, he zeroed in: The best medication for that is Cymbalta.

Cymbalta is a prescription drug made by Eli Lilly — the company that organized the event, paid for the wine and food, and paid the doctor giving the talk.

A Torstar News Service investigation has found drug companies routinely host and fund these dinners at upscale restaurants as training events for family doctors. These events are called continuing medical education.

There is growing concern among critics that these dinners — which are sanctioned by a national medical organization — encourage doctors to prescribe the sponsoring companies' drugs.

Family doctors are most often responsible for choosing what drugs Canadians are prescribed.

In Ontario, where there have been more than 500 industry-sponsored events in the last two years, physicians are required to attend "continuing medical education" to keep their licence in good standing.

These medical education events are vetted and approved by the College of Family Physicians of Canada.

A task force created by the College acknowledged that the drug industry's interests are "not always aligned with the best interests" of family doctors or their patients.

"There have been instances in which marketing messages have been portrayed as education, and health care and pharmaceutical industries have attempted in this way to influence physicians' behaviour or practices," said the recently released report.

The report did not specifically deal with drug dinners but looked more broadly on the College's relationships with the industry. TORSTAR NEWS SERVICE

IN BRIEF

Slain officer mourned

A Quebec police constable who died in the line of duty has been remembered by friends as a go-to guy who was always ready to lend an ear.

"In my heart, I lost a brother," Simon Villeneuve said of his friend, Thierry Leroux, who was shot Saturday night as he and another officer responded to a domestic call. THE CANADIAN PRESS

Woman charged with sex offences involving children

Police say a 36-year-old woman is facing six charges in a sexual assault investigation. OPP say they launched the investigation after allegations of sexual offences involving children in Tweed, Ont.

Police say the alleged incidents occurred from 2013 to 2016 and involved kids aged 12 to 15. THE CANADIAN PRESS

Top court seat ups stakes

U.S. SUPREME COURT

Justice's death makes vacancy an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's makeup is crucial to preserving abortion rights and the legality of gay marriage nationwide.

"If any of us needed a reminder of just how important it is to take back the United States Senate and hold onto the White House, just look at the Supreme Court," Clinton said.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat.

THE ASSOCIATED PRESS

Members of People for the American Way gathered at **the U.S. Supreme Court in Washington** on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

PRESIDENTIAL RACE

GOP war of words heats up

In 2011, eyebrows shot up when former vice-presidential candidate Sarah Palin used a salty acronym — WTF — to mock the policies of President Barack Obama.

Five years later, Donald Trump has blown right past acronyms. He's in a profanity-laced campaign for the Republican nomination that has seen multiple candidates hurl insults and disparaging remarks at one another.

In recent days, Trump has publicly lip-synced the F-bomb, blurted out the S-word more than once and fired a steady string of put-downs at opponents whom he labels as losers, liars and evil.

While Trump started it, other GOP candidates have jumped right into the fray. Ted Cruz has said Trump is "losing it," and dismissed his insults as "hysterical."

Before exiting the race, New Jersey Gov. Chris Christie predicted that he could beat Hillary Clinton in a debate, promising, "I'll beat her rear end on that stage," and tormented fellow Republican Marco Rubio as a fragile "boy in the bubble."

THE ASSOCIATED PRESS

U.S. Vice-President Joe Biden visits the Abramson Cancer Center at the University of Pennsylvania on Jan. 15.
DANIEL BURKE/TORSTAR NEWS SERVICE

$1B cancer 'moonshot' not enough

UNITED STATES

Pledge would not bring a single drug to market: Expert

Days after launching his $1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to "end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word "moonshot" may have been an unfortunate one,'" said Dr. Chi Van Dang, the centre's director. "It implies something too simple; that we can just assemble the engineers and the astronauts, make the rocket, and we'll get to the moon and back," Dang recalls Biden saying.

Critics seized upon the flaws in Biden's pledge, particularly its price tag — not enough money to bring a single drug to market.

With the looming election, Biden's days in the West Wing are numbered, with no guarantee it will be approved by Congress.

But cancer research advocates believe Biden is in this fight for the long haul — the $1 billion isn't a moonshot, but a "down payment." TORSTAR NEWS SERVICE

EUROPE

Odin-inspired vigilantes operating in Norway: Police

Norwegian police say a vigilante group calling itself the Soldiers of Odin has made its first appearance in the Scandinavian country amid an influx of new refugees arriving in the state.

Vestfold Police spokesman Torgny Alstad says about a dozen men dressed in black jackets, adorned with a Viking helmet and the group's name, patrolled the streets of Tonsberg near Norway's capital city on Saturday night.

He said Monday that officers closely watched the group, but reported that no incidents were occurred during their observations.

The Soldiers of Odin, who derive their group's name from the chief Norse god, was founded last year in Finland where the group regularly conducts street patrols. The group says it's protecting residents from a perceived threat posed by migrants.

The group claims about 600 members in Finland, with additional groups in Britain, the U.S., Estonia, Germany and Sweden. THE ASSOCIATED PRESS

SYRIA

Russia implicated in airstrike on hospitals

Airstrikes blamed on Russia hit at least two hospitals and a school in northern Syria on Monday, killing and wounding dozens of civilians and further dimming hopes for a temporary truce, as government troops backed by Russian warplanes pressed a major offensive north of Aleppo.

The raids came days after Russia and other world powers agreed to bring about a pause in fighting that would allow for the delivery of humanitarian aid and the revival of peace talks.

The projected truce agreed on Friday in Munich was to begin in a week, but there was no sign that would happen.

On Monday, Syrian state TV reported that pro-government forces have entered the northern town of Tel Rifaat, where they were fighting "fierce battles" against insurgents. Tel Rifaat is a major stronghold of militants fighting to overthrow President Bashar Assad.

In Idlib province, an airstrike destroyed a makeshift clinic supported by Doctors Without Borders. The international charity, also known by its French acronym MSF, said the hospital in the town of Maaret al-Numan was hit four times in attacks that were minutes apart. It said seven people were killed and eight others were "missing, presumed dead."

40,000

Destruction of the hospital leaves about **40,000 people without access to medical services.**

"The destruction of the hospital leaves the local population of around 40,000 people without access to medical services in an active zone of conflict," said MSF mission chief Massimiliano Rebaudengo..

THE ASSOCIATED PRESS

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Millennials cool to older brands

MARKETING

Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as PayPal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

"It's somewhat surprising how much divergence exists between the generations," Levy said.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company founded in 1922 by the Billes brothers in Toronto was the seventh-most influential among boomers, but a distant 51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

Google also came in second behind Apple in another recent study, the Top 100 Global Brands by the multinational marketing research firm Millward Brown.

TORSTAR NEWS SERVICE

> (Netflix) was never in the top 10, but it was a brand that moved up really quickly. Steve Levy

LOBSTERS U.S. FISHERMEN KEEP MORE OF THEIR CATCH America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

HOUSING

New rules kick in for mortgages

Canadians looking to buy homes between $500,000 and $1 million will have to put down larger down payments as new federal rules took effect Monday. Homebuyers must now put at least 10 per cent down on the portion of a home that costs more than $500,000.

Buyers can still put down five per cent on the first $500,000 of a home purchase. Homes that cost more than $1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver without affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the struggling Calgary market or the just-fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

THE CANADIAN PRESS

CONFIDENCE

Investor nervousness at levels not seen since crisis: Report

One of Canada's biggest insurance and financial services companies says nervousness among Canadian investors has risen to levels not seen since the financial crisis.

Manulife Financial says Canadian investors have lost confidence in mutual funds, exchange-traded funds and balanced mutual funds over the past six months. It also suggests housing is seen as a less attractive investment, while confidence in fixed income investments is the same.

Manulife's semi-annual investor sentiment index dropped to 16 in December from 19 last May.

Investors in Ontario and the Atlantic provinces were the most optimistic with a score of 20, while Quebec ranked lowest at nine. Alberta was second lowest at 14.

"Canadian investors are facing a long list of uncertainties, including tremendous volatility in both oil prices and the value of the Canadian dollar," said Frances Donald, senior economist for Manulife Asset Management.

The poll also suggested that many Canadians are concerned about the future direction of interest rates.

"The Bank of Canada has been suggesting that interest rates are on hold or may even fall further over the coming year," Donald said.

"Yet, interestingly, 40 per cent of Canadian investors still expect interest rates to rise, highlighting the ongoing uncertainty around the interest rate outlook."

The semiannual Manulife index was based on an online survey done in December 2015 by Environics Research.

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Tuesday, February 16, 2016

Eerie discovery
3D-printed tissues scientists implanted in animals developed a blood supply and an internal structure that looked like the real thing.

Metro POLL

Internship injustice?

Visit metronews.ca **to have your say.**

One person's slave labour; another's sensational opportunity. Are unpaid internships experience or exploitation? The advocacy group representing Canadian interns has withdrawn from the federal government's consultations on how to improve protections for young workers because proposed changes to the Canada Labour Code would permit unpaid internships in federally regulated sectors. That is, as long as they last no longer than four months, primarily benefit the intern and don't replace a paid position. We asked our readers what they believe about the value of unpaid work.

1 Is it ever okay not to pay interns?

2 What's your experience with internships?

29% I've never been an intern
22% I've been an unpaid intern and it was terrible
17% A friend or family member has been an unpaid intern
15% I've been a paid intern
11% I've been an unpaid intern and it was great
6% Other

3 If you're against unpaid internships, what are your reasons?

17% They're adding to student debt
15% They don't actually lead to jobs
14% Only rich kids can get job experience
14% Employees will be replaced with unpaid interns
13% They do not provide adequate job protections
12% They increase inequality or drive down wages
9% They're just plain wrong
2% I'm not against unpaid internships
4% Other

I've been an unpaid intern and it was great — though I was only able to because I had money saved.

I'm a human being. Not a car that you can test drive!

Internships are expected of older workers doing job changes, not just for kids.

It poses a problem for students who already work part-time.

WE ASKED Metro readers

An overlooked, obvious cyberbullying remedy

Emma Teitel

This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone — it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know one another hurt one another in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice, and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky unveiled her own line of heart-shaped "#BeStrong" emojis, a tool she is encouraging young people use when they face adversity online.

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break. Unplug. Do something else.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was: "Maybe you should turn that thing off for a few hours." I did, and suddenly my pain felt a bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board, to "promote self-esteem, self-image and the importance of accepting who you are."

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed … they were writing things like, 'Love the skin you're in,' and 'Proud to be an independent woman.' They weren't prompted to write these things."

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help, and the demographic least likely to get it — teenagers — needs it most.

In the fight against cyberbullying, apps and emojis aren't a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

Emma Teitel is a national columnist for the Toronto Star.

metroview

Padlock your phone: The only reliable way to unplug in 2016

Matt LaForge
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

You've heard of this kind of initiative before, and, as is typical, the PR around "Family Day Unplugged" is couched in language that, while a bit too willing to imply any parent who answers a text when a kid is in the room is cruising for "Cats in the Cradle"-grade spiritual comeuppance, succeeds in getting the point across. No, we don't yet live in an anomic tech-dystopia but, yes, we do screw around on our phones too much.

In principle, then, it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen first-hand what it takes to induce a large group to go phoneless, as opposed to merely promising they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. And I get to watch the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

Only such a beloved and rarely seen comic as Chappelle could get away with this. But it worked. His material is still as strong today as it was in 2003, and only those of us who saw it in the moment can say so.

Barring a pocket notebook, the only way to preserve the jokes was to rush out to the phone-check table as soon as the set was over, unlock the sock and frantically write down as much as possible. It felt like an instructive return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

Matt LaForge is the managing editor of views and features at Metro.

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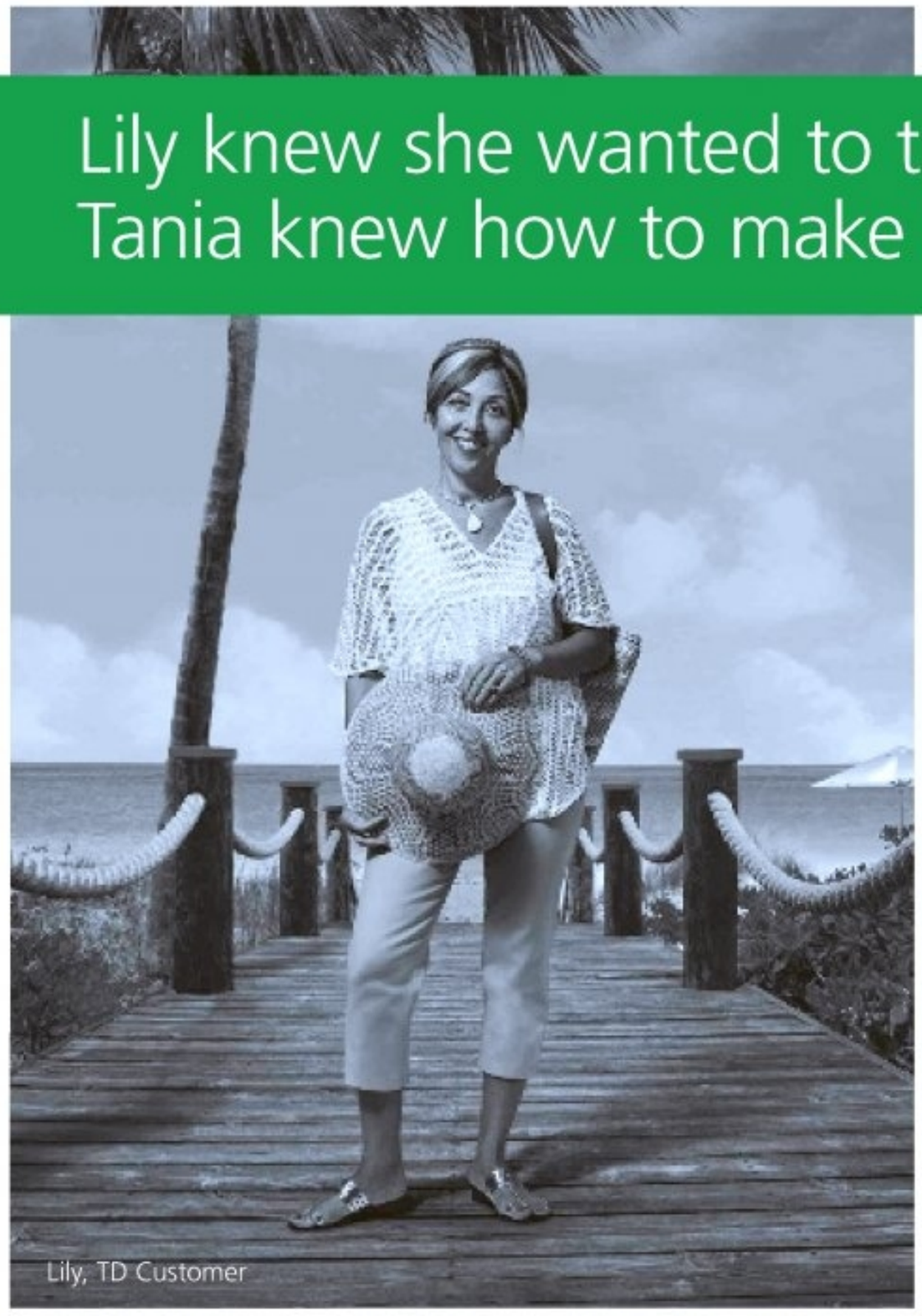

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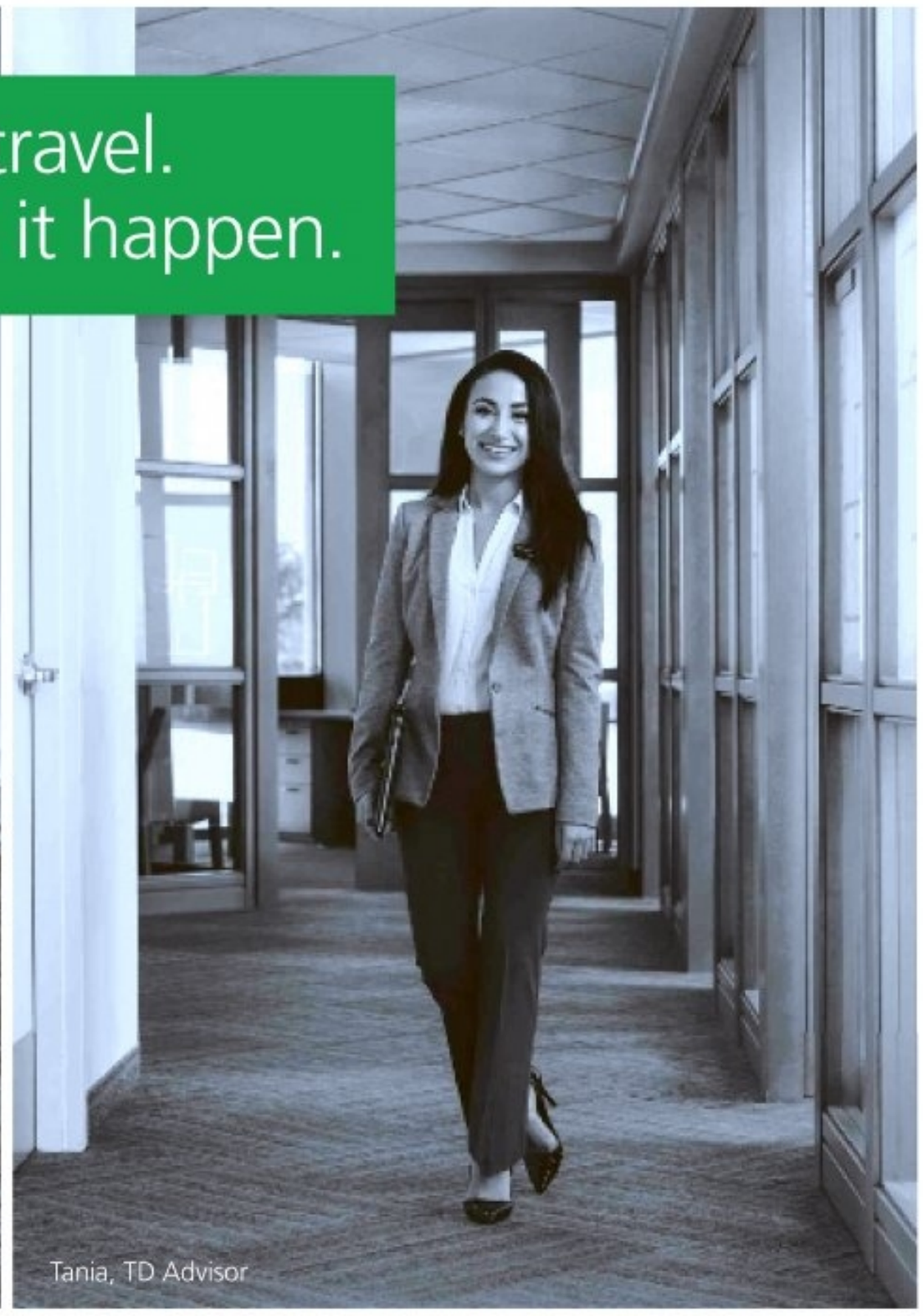

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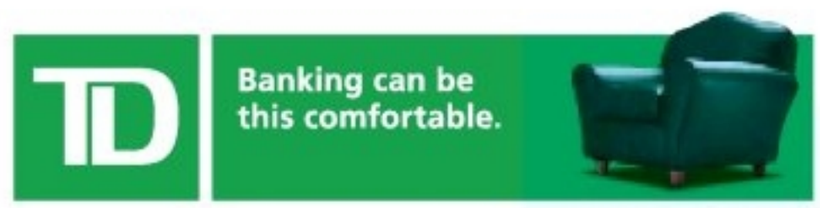

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Is your group RSP enough?

NEST EGG

Supplementary savings help ensure healthy retirement fund

Michelle Williams

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.

Get the most out of your group RSP by educating yourself and staying on top of all your investments. ISTOCK

Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices. The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

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metro LIFE

Your essential daily news

Award season beauty trend alert: red lips on the red carpet

ALL PHOTOS GETTY IMAGES/THE ASSOCIATED PRESS

Bieber gets first Grammy

It was a night of career firsts for Canadian artists at the Grammy Awards.

Both Justin Bieber and the Weeknd walked away as early winners in a pre-telecast ceremony leading up to the main show on Monday.

Bieber (pictured right with his little brother Jaxon) took home a best dance recording honour as part of a collaboration with Skrillex and Diplo on the song Where Are Ü Now.

The Weeknd, a.k.a. Abel Tesfaye, nabbed two golden gramophones before the televised show.

He took home one for best urban contemporary album for Beauty Behind the Madness and another for best R&B performance for Earned It from the original soundtrack for the film Fifty Shades Of Grey.

Toronto hip-hop darling Drake lost all five awards he was nominated for, including best rap performance for Back to Back and best rap album for If You're Reading This It's Too Late.

THE CANADIAN PRESS

+ FULL AWARDS COVERAGE AT metronews.ca

1 Taylor Swift — Wearing a glittery jumpsuit, Swift kicked off the Grammys with Out of the Woods. She became the first woman to win album of the year twice, this year for 1989.

2 Kendrick Lamar — A big night for the rapper who delivered a fiery performance when he walked onto the stage in shackles to perform The Blacker the Berry. Lamar won five awards, including best rap album for To Pimp a Butterfly.

3 The Weeknd — R&B sensation Abel Tesfaye performed I Can't Feel My Face and In The Night. Adele was quick to jump to her feet with an ovation, clearly thinking he earned it.

4 Lady Gaga — The pop star, accompanied by Nile Rodgers, performed a David Bowie tribute which included 10 of his most iconic hits.

5 Best boudoir looks — Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney.

"I like preparing healthy and tasty food that gives our customers one big reason to feel good that day."

– Jan Cadra, Baker

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When choosing life insurance, take a close look at the lifetime cost of both term and permanent policies before making your decision. ISTOCK

Find the coverage that works for you

SMART POLICY

Permanent or term, pick insurance that suits your life

Gail Vaz-Oxlade
For Metro Canada

You buy insurance in case your house burns down and to protect your stuff, right? And you buy insurance for your car, right? Isn't your income at least as important as your stuff?

There is no specific amount of life insurance that's right for everyone. Fact is the only kind of insurance you should buy is the kind that works best for YOU. So you need to think about a bunch of things like:

- Your family's existing assets and income
- How much they'll need to cover their budget
- The costs associated with your death
- Any debts that will need to be paid off
- Any additional expenses like special medical costs, a new car or post-secondary education for the kids, and
- How long you want to keep the coverage in place.

Term insurance provides protection for a predetermined period of time (5, 10, or 20 years) or until a certain age. When the term of the contract expires your coverage ends unless you renew the term. Each time the term is renewed, the premium goes up.

Think of term insurance as an expense, like rent. While it will give you comfort and peace of mind, it accumulates no residual value. If you want coverage to last your lifetime or want to use insurance to build assets, term insurance isn't the right choice.

Term insurance is cheaper than permanent insurance, but that's because the statistics are in favour of the insurance company with term insurance. With permanent insurance the company is going to have to pay out, it's only a matter of when.

Permanent insurance stays in place until you croak. The premium is generally the same for the life of the policy, so the annual cost can be low if you buy it when you're young. If term insurance is rent, then permanent insurance is a mortgage payment: in the early years there isn't a lot of asset accumulation, but over the long term the pot will grow.

When trying to decide what to buy, the best place to start is with the amount of coverage you need. The bigger the policy the more expensive the premium, so sometimes term is all you can afford.

Next, look at is how long you'll need the coverage. Some of your needs may be short-term. Declining term insurance is often the most cost-effective way to cover a mortgage. On the other hand, your funeral expenses and the tax hit on your estate is permanent. Ditto the need to provide for a dependent beneficiary.

Since the premium on your permanent insurance will remain the same, while the premium on term insurance will rise each time the policy is renewed, the cost of term insurance will appear far less expensive in the early years of a policy. You'll have to compare the lifetime cost of both types of policies and then make your decision.

For more money advice, visit Gail's website at gailvazoxlade.com

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Wearing her feminism on her sleeve

GIRLS

Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series Girls; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the Sisters premiere with Tina (Fey) and Amy (Poehler) there was Joy with Jennifer Lawrence, about a strong female character, and Trainwreck with Amy Schumer and directed by my Girls co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the Lenny Letter, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge.

"And then with Jen's piece on wage equality, to see people take that and apply it to their own lives, that was super profound and meaningful."

Girls creator Lena Dunham says it's about time feminist issues get aired at large. CONTRIBUTED

Girls returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

This season, Dunham hopes the show "continues to be honest and allows women to learn more about themselves and other women."

Specifically it will deal with marriage, online dating — which Dunham describes as a "big part of the zeitgeist right now" — and romance in all its hues and shades.

"What's been important to us is to do romance in a complicated way," says Dunham, "Because in real life it is, and also to show that happiness can come from more than that."

Apatow says Girls has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct.'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before Girls, she had directed two-low budget feature films and a web series.

"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence.

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With Girls set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

TORSTAR NEWS SERVICE

No purchase necessary. One entry per person per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, and Ottawa and Toronto, ON, and Halifax, NS who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of two (2) passes to a screening of Gods of Egypt on February 25, 2016. Approximate retail value of each prize is $22.13 CAD. Each an skilled entrant in all correctly answer unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on February 15, 2016 and closes at 11:59 pm ET on February 22, 2016. To enter and for complete contest rules, visit www.metronews.ca/contests.

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LEARNING CURVE

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The ultimate goal of every student is to land the job of their dreams. But for many students, the question is: "how do I get a job if I don't have experience?"

While today's competitive job market may be daunting, there are several things that you can do to gain valuable skills to add to your resumé, build character, create learning experiences and ultimately find a dream job.

Statistics Canada is offering students a unique opportunity to work within their communities as an enumerator or a crew leader for the 2016 Census.

Build important skills

Effective communication and strong interpersonal skills enable you to express your thoughts in a professional manner, which is crucial for any job. Census enumerators are responsible for identifying dwellings on maps, conducting personal interviews, and following up with respondents in person and by phone. This role allows students to develop valuable workplace skills, including communication, interpersonal, organizational, time management and problem solving.

Take on a leadership role

When employers are hiring, they look for candidates who show initiative. Taking on a leadership role that you can talk about in an interview later on, will set you apart from other candidates. Census crew leaders are responsible for training and supervising a team of enumerators. This role provides a fantastic opportunity for students to build leadership and team management skills.

Gain experience outside your field

While it is crucial to have the technical skills needed to do a job properly, many employers look for well-rounded candidates with varying life experiences. Statistics Canada's census jobs allow students to develop a greater sense of community by collecting information that is vital for planning and evaluating important public services.

News Canada

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Ambrose biology program engages students

For Ambrose University graduate Joel Ulrich, there is no doubt the bachelor of science program in biology from Ambrose gave him the skills he needed to pursue higher education.

"The learning environment at Ambrose University instills critical thinking skills that are so vital to become a competent student and member of society," says Ulrich, a doctor of audiology student.

For Ulrich, what set the biology program apart from other institution was the quality of the instructors.

"All of them are approachable and truly want what's best for the student," says Ulrich.

"Their ability to make students engage in the learning process rather than be spectators speaks to their commitment to the students and aptitude as professors."

The Ambrose University biology program now has five streams of study — health sciences, kinesiology, cellular biology, ecology, and general biology — as well as several minors (including natural sciences, chemistry, ecology, and kinesiology).

This allows the students to cater their biology degree to the interests and strengths — even if their interests are quite varied.

The program is a four-year degree that can be started in either September or January.

While most of the courses are delivered in a traditional format, Ambrose also has some courses taught online or in a field setting.

Some courses are taught in a non-traditional format with active learning practices.

For more information about the biology program at Ambrose University, visit ambrose.edu.

Small school knows how to deliver big

While many students love the idea of a small school with more individualized instructor attention, this initially worried ABES (Alberta Business and Educational Services) graduate Fiona Huang.

The ABES medical lab assistant (MLA) graduate had reservations about ABES the first time she saw the small institution.

"I was questioning if I could really learn something from there," says Huang.

"Now after three months of classes and three weeks practicum, I would like to tell you the answer is yes."

The full-time, 19-week MLA program runs in partnership with Calgary Laboratory Services (CLS) and prepares graduates for work in hospitals, patient service centres and clinical laboratories.

The partnership with CLS means that MLA students have the opportunity to form a professional relationship with CLS — the largest employer for MLAs in Calgary and the surrounding areas.

For Huang, this was a valuable selling feature when she chose ABES.

"You will not only learn the skills for being an MLA, but also learn how to be professional from ABES," says Huang.

This relationship between ABES and CLS began in 2004, when CLS approached ABES in need of a program to help supply the industry with qualified MLA workers.

This relationship has been very advantageous for students, because it allows the program to grow with the times, and to develop the most current techniques and skill sets necessary for success in the field.

CLS also provides instructors and laboratory personnel to deliver portions of the program that require specialized experience.

One of the ways ABES stood out to Huang was through the quality of these instructors.

"First, our instructors were very good. They were nice and patient when you need help, they always stand by and try their best to give you a hand," says Huang.

CONTRIBUTED

"Second, they have advice for you to improve."

After initially being hesitate to enroll at ABES, Huang now says she would recommend ABES to others.

"Classes are interesting and knowledgeable," says Huang.

"You will learn something new and different from here."

For more information about this program, or ABES, visit abes.ca.

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Time to start a new career in finance

To many people, managing and tracking finances seems like a mysterious art. Those in the know are valued and appreciated. Their attention to detail and their ability to keep track of the financial threads are critical to the success of every business.

If you're looking for a new career and you have always loved organization and crunching numbers, consider a career in accounting and payroll administration.

Jobs in the field require you to make informed business decisions based on financial information. You're a record keeper with an eye for accuracy, flagging financial threats and opportunities as they arise, for the benefit of the business.

Roles in the field of accounting and payroll administration include accounting clerk, audit clerk, tax return preparer, bank clerk, and payroll officer. As a payroll officer in Alberta, the median wage is more than $25 per hour.

The skills you'll develop will include in-depth skills in accounting and administration, and the ability to use accounting and administrative software.

A fast way to enter this exciting and challenging field is to go through an immersive program in accounting and payroll fundamentals. The Accounting and Payroll Administration program at Reeves College provides its graduates with the skills and knowledge they need for a rewarding career.

For more information on the Accounting and Payroll Administration program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

New programs come to Red Deer College

For more than 50 years, Red Deer College has been known for its home-away-from-home atmosphere, small class sizes and practical learning that prepares graduates for successful lives and careers.

Starting September 2016, Red Deer College is excited to offer two new diploma programs (pending government approval): media studies and professional communications and instrumentation engineering technology.

In the media studies and professional communications program, students will study how mass media such as television, advertising and even video games influence and are influenced by society. Students will also gain valuable knowledge to help them succeed in a variety of careers that require top-notch strategic communication skills.

The instrumentation engineering technology program will challenge students to think critically to plan and troubleshoot situations, as well as to communicate effectively to any audience.

Students will also learn how instrumentation engineering and associated technologies are rapidly changing and expanding in virtually every industrial and commercial sector.

Red Deer College is also working to expand relevant program offerings to students and the communities the college serves by pursing Polytechnic University status.

Polytechnic Universities are comprehensive institutions offering professional, career-focused programs, including degrees, in the arts, business, social and related behavioural sciences, health and wellness, engineering, education and trades and technology.

With this change in status, Red Deer College would meet community demand, have the ability to grant its own degrees, improve opportunities so students no longer need to leave the region to complete their post-secondary education, and maintain its current strength of offering a comprehensive mix of programs.

CONTRIBUTED

And with a construction completion date in time to be a host venue for the 2019 Canada Winter Games in Red Deer, the Gary W. Harris Centre for Health, Wellness and Sport will provide the college and region a venue that provides additional teaching and learning spaces, as well as facilities for other athletic, recreational and community activities.

The centre will help to shape the future of the college, offering new spaces to increase and enhance programming, and position Red Deer College to continue expanding its role in contributing to the prosperity and vibrancy of the region.

For more information about Red Deer College, visit rdc.ab.ca.

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FAITH INSPIRED LEARNING

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Robertson is here to help job search

Once a Robertson College student, always a Robertson College student.

Robertson College career services offers a lifetime commitment to all students, past or present.

"The career services program is designed for any student belonging to the Robertson family, as well as employers throughout the community," says Brittany Reid, employment specialist at Robertson College.

"We are here to support and guide our graduates throughout their job search and help them with their first steps into their new careers."

This is done in various ways, such as resumé and cover letter assistance, interview prep, introducing graduates to employers through job leads, employment program, and career fairs organized just for alumni.

New or soon to be graduates, as well as past alumni and even perspective students with questions about where their educational path may take them, can sit with a member of the career services team at any time.

Reid says sometimes individuals need a third party opinion, or even just another set of unbiased eyes and ears to listen and observe their job-search skills.

"In today's competitive market, the simplest errors or unintentional actions can make or break a job opportunity," says Reid.

"As well, the job market and industry standards are ever changing — what was normal and acceptable three years ago may not be today."

To help Robertson College graduates stay up to date, the career services team are always staying current with these trends.

The team spends a lot of time getting out into the community, connecting with Robertson partners and meeting new ones.

"We provide high-quality trained staff to employers every day," says Reid.

"Employers trust us to filter through resumés to find them the right candidates for their open positions, saving them both time and money in the recruitment process by advertising directly with us, free of charge."

Another way Robertson College connects students with potential employers is through a semi-annual career fair for graduates — with the next on set to take place this fall.

For more information, visit robertsoncollege.com/campuses/calgary.

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Get working right after graduation

Although Academy of Learning student Mary Grace Aguilar already held a bachelor of science in information technology from the Philippines, when she moved to Canada, she decided to pursue a new career in a new field.

"I always loved numbers and got the opportunity to work as an administrative assistant for two years here in Canada and this encouraged me to pursue a career in accounting/payroll," says Aguilar, computerized payroll accounting student at Academy of Learning.

When Aguilar was searching for a program that would be the right fit for her, she inquired at a couple of other schools before deciding on Academy of Learning.

"I had friends who completed their courses from Academy of Learning and I have seen many changes in their lives; they now have their desired job without waiting for too long," says Aguilar.

"Academy helped them with their resumé and gave them references that helped them build their confidence."

ISTOCK

Once Aguilar completes the 44-week computerized payroll accounting program, she believes her experience and education will help her secure a job in this field.

"I would really recommend this program to those who would like to learn the payroll compliance legislation, accounting, bookkeeping, and upgrade your computer/office skills," says Aguilar.

Visit academyoflearning.ab.ca for more information about the computerized payroll accounting program at Academy of Learning.

PROCESSES CAN MAKE A PERFECT CAREER CHOICE

In every business, processes are tools that allow the organization to grow its offerings and serve its customers consistently and well — and there needs to be an expert there to implement them.

It takes a special kind of person to manage all the moving parts of a business. Many of those who enjoy this multifaceted challenge excel at jobs including project management and administration, or start their own successful businesses.

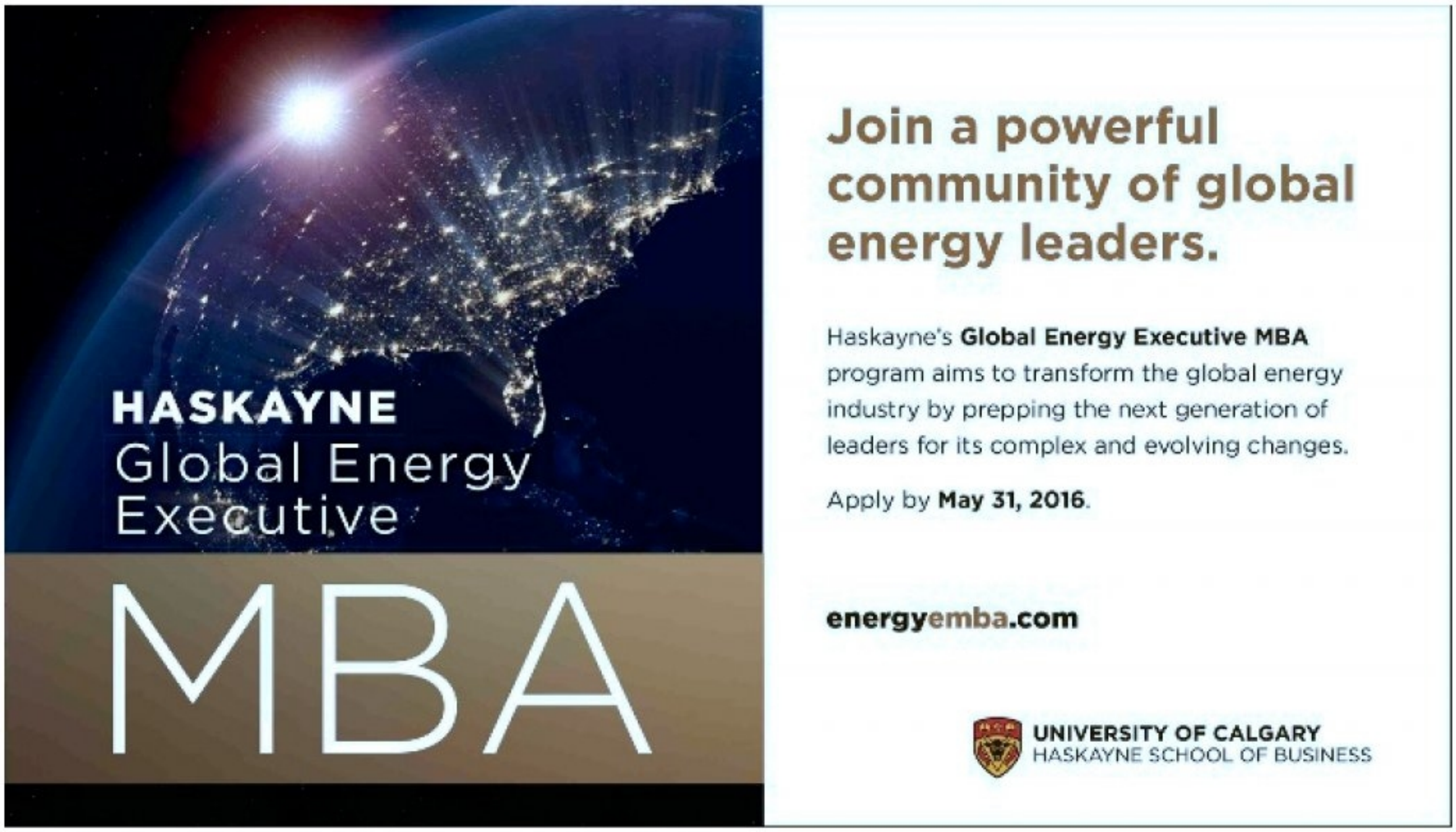
The field of business administration management requires the ability to make solid business judgements. It also requires the ability to juggle a wide array of activities that require careful attention to detail and business savvy. You'll make decisions on management, marketing, finance, accounting, and human resources.

Education in business administration management will earn you highly employable and transferable skills and a well-paid and valued career. Accounting or bookkeeping assistant, marketing assistant and office manager are just some of the roles you can take on. In Alberta, an office manager can earn a median wage of $24 per hour.

CONTRIBUTED

The Business Administration Management diploma at CDI College is a clear path into the field. In less than a year, students are equipped with the skills and knowledge they need to win exciting jobs in business administration management.

For more information about the Business Administration Management program at CDI College, call 1-800-360-7186, or visit study.cdicollege.ca.



Columbia offers more scholarships

For those looking to learn new workplace skills, cost no longer needs to be a barrier.

The Columbia College Learning Society's principle aim is to provide bursaries and scholarships to individuals who wish to attend workshops, tutoring, courses or programs at Columbia College.

"The free workshops are short (two to four hours) and taught by very caring and patient facilitators who make them fun and informative," says Caroline Edworthy, vice president of The Columbia Learning Society.

"These free courses are open to anyone who wishes to improve his or her skills."

The Columbia Learning Society offers workshops that cover computer skills (in programs such as Word, Excel, Outlook and PowerPoint), self-help skills (coping with workplace stress, self-hypnosis) and English skills (pronunciation).

To date, nearly 6,000 people have received free learning experiences at the

CONTRIBUTED

college.

"Our free Saturday workshops are very popular and provide an opportunity to learn new skills," says Edworthy.

"Over 4,200 people have attended our September to April workshops."

The workshops are designed for anyone in the Calgary community over the age of 16 with an English benchmark level of 5 or higher.

Workshops are taught by professionals and provide participants with an opportunity to learn various new skills.

For more information about The Columbia Learning Society and to see a list of current workshop offerings, visit columbia.ab.ca.

HELPING YOU HELP OTHERS

There are many programs at ABM College that are designed to help students help other people.

One career choice on the rise that aims to do just that is massage therapy.

"Where medicine has failed to do its job, alternative medicine, such as massage therapy, has done wonders," says Dr. Mohammad Baten, ABM College president and CEO.

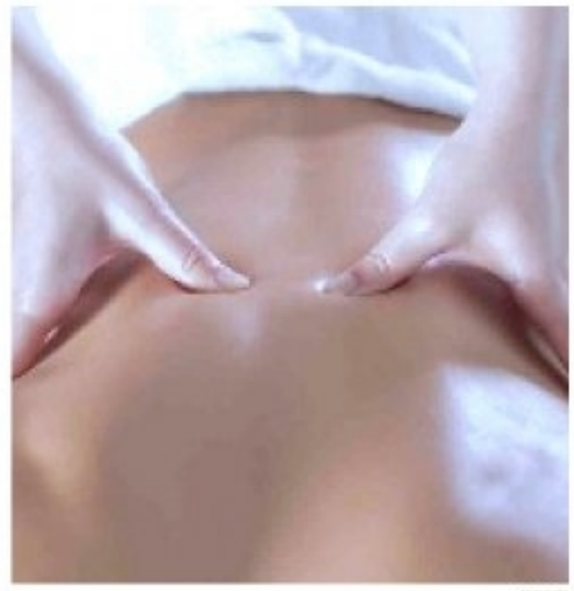
Massage therapy is an age-old therapy of curing acute and chronic ailments that follow specific procedures by which pressure is applied on various parts of the body including deep tissue, muscles and joints.

Most ABM College classes have an early start and finish in the day, so students have more freedom and time to work.

"With flexible hours and wonderful group of experienced massage therapy instructors, it's no wonder why aspiring massage therapists are choosing ABM College as their number one choice," says Baten.

"ABM College graduates have been very successful in meeting the needs of industry employers."

This success is a product of ABM College's well-developed curriculum, operative educating style and frequent industry



ISTOCK

consultations.

ABM College not only provides a hands-on massage therapy program, but also offers those in northeast Calgary and beyond, affordable, one-hour, in-house massages from trained students.

For more information about the massage therapy program, or to book a one-hour massage, visit abmcollege.com/program/massage-therapy.

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- Legal Assistant
- Logistics & Supply Chain Management
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ROBERTSON COLLEGE students first.

Haskayne eyeing the new economy

Organizations are coping with the economic downturn but need to be prepared for when the economy recovers.

Training and development needs to happen now in order to have the ability to capitalize on the recovery.

The first of its kind, Haskayne's global energy executive MBA program provides an immersive experience in key global energy centres.

"Investing in your staff by providing them with the skills to navigate and manage future challenges and transitions, is an investment in your company and crucial for a strong future," says Michael Wright, associate dean of graduate programs at Haskayne School of Business.

"The global economy is evolving and organizations must be equipped and ready to respond."

The program is delivered in just over 20 months, combining six intensive modules in key energy centres around the world with continuous online learning.

During each of the six modules there is a pre-module online learning component, face-to-face component, and post-module online component.

"This unique delivery model enables the executive student to keep working throughout the program and to immediately apply insights from the program," says Wright.

Students of this program benefit from site visits to energy facilities, exposure to local energy industry leaders and introductions to diverse business cultures.

These students are located all around the world and during the pre-module and post-module components are learning online where they live.

Some of the past students live in Russia, UK, China, Australia, Vietnam, Middle East, U.S. and Brazil, among other places.

"The students in the program represent the top talent from major energy organizations across the globe.

CONTRIBUTED

"They bring a diverse mix of functional and operational expertise from across energy value chains in gas, coal, oil, nuclear and renewable energy sources."

He says throughout the program, students are encouraged to draw on and share their professional experiences, and immediately apply what they have learned to drive tangible results within their organizations.

Applications are now being accepted for the next intake, with a deadline of May 31, 2016.

For more information about the global energy executive MBA, visit energyemba.com.

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✓ A supportive, effective and flexible learning environment
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Saturday (8:00 am - 1:00 pm)
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Canada

Quality education that works for you & employers.

Unique program for training adults

MRU helps with development, mentoring

The adult educator seminar series offered through the Faculty of Continuing Education and Extension at Mount Royal University provides students with the learning principles that help shape adult learners.

"We explore what motivates adult learners, what is important to them, and how to ensure that your facilitation or lecture is making an impact on them," says Dimitra Fotopoulos, program director of business and professional education, Faculty of Continuing Education and Extension at MRU.

The program is designed for anyone who works with adults in a learning or training environment.

Students will gain tools and techniques to apply in their classroom or training scenario, such as how to build a proper course outcome, what type of assessment is appropriate for the type of training/class you are doing, tools to assess yourself as a facilitator and classroom management techniques.

"The great benefit is tapping in to the experience of other students in the class. Through small group discussions students can share their experiences and crowd source solutions to challenges they are facing in the classroom from their peers," says Fotopoulos.

"By having these skills in your back pocket, you can better position yourself for training and development roles within your workplace."

Because the program is just over 30 hours, students can easily complete over the course of a semester and apply it to the workplace right away.

The program offers very flexible delivery options.

It is available in class, online and a fast track option that allows you to complete the entire certificate in one week.

For more information, visit conted.mtroyal.ca/adulteducator.

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MRU career fair connects students with employees

In times of economic difficulty, it is not unusual to seek out new skills that may lead to a new career.

And one career option more people may consider is massage therapy, through training at Mount Royal University.

"With the decline in the oil and gas sector people are focused on their own health so this is a great opportunity to build a career in massage therapy," says Mike Horne, massage therapy instructor at MRU.

"Now would be a good time to get into the profession. It is a unique profession with so many avenues you can enter or places that you can work."

This can be with sports teams and events, clinical practice, spas, private clinics, to renting a treatment room, or mobile massage.

Horne, owner of Prema Health Corp., one of Calgary's largest holistic health centres, understands what employers are looking for.

"Currently there is a need for massage therapists that are graduates of the 2,200 hour programs," says Horne.

"My clinic is hiring, and from my colleagues, they are also recruiting for quality therapists."

To connect MRU massage therapy students to potential employers, there will be a massage career fair on March 3.

This is a yearly event and is organized by the MRU massage program to provide students with an opportunity to connect with employers and to learn what options are available to them upon graduation.

MRU is now accepting applications for fall 2016.

More details about the program can be found at conted.mtroyal.ca/massage

metro SPORTS

At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

Flames burned on PK

NHL

Ducks continue their roll with a hat trick on the man advantage

The Anaheim Ducks' machine is perfectly tuned right now.

Mike Santorelli scored twice, Corey Perry had a goal and an assist, and the streaking Ducks went 3-for-3 with the extra man in a 6-4 victory over the Calgary Flames on Monday afternoon.

"We're having fun," said Perry. "Everybody knows their role, everybody's playing their role and everyone's doing the right things. It's working out right now."

MONDAY In Calgary

6	4
DUCKS	FLAMES

Thanks to a 9-1-1 record in their last 11, Anaheim has passed San Jose and climbed into second place in the Pacific Division.

Perry tied the game 3-3 at 2:15 of the second when he banged a Cam Fowler rebound past Jonas Hiller on the power play.

The Ducks went right back to the man advantage and needed only 11 seconds to take the lead for good with the puck going in off the skate of Sami Vatanen.

"All of us, we've got to get down, we've got to block some shots and not let them get to our net," said Flames captain Mark Giordano. "There's way too many pucks around our crease. You're going to get burnt if you keep allowing that."

Hamphus Lindholm and Rickard Rakell also scored for Anaheim (28-19-8). The Ducks are 3-1-1 with two games to go on a seven-game road trip.

Jiri Hudler had two goals and an assist to lead Calgary (25-27-3). Johnny Gaudreau had a goal and two assists and Sean Monahan had three assists as the Flames' top line combined for nine points. Dougie Hamilton also scored.

"They made it tough. They're a big team so they keep you on the outside and they push you back but I felt that scoring four goals at home should be plenty enough to leave the building with two points," said Flames coach Bob Hartley.

Hiller was pulled after Vatanen's goal, leaving with 13 saves on 17 shots. Joni Ortio, in his first NHL action since October, didn't fare much better. He was beaten on the second shot he faced, as Rakell's goal at 12:18 of the second period put Anaheim ahead 5-3.

Ortio finished with nine saves.

Calgary got back to within one on Hudler's goal with seven seconds left in the second but the Ducks regained their two-goal cushion 51 seconds into the third on Santorelli's second of the game.

"It's always nice when you have a couple-goal lead on a team. It takes off a little bit of the pressure off," Santorelli said.

From that point forward with momentum gone for the Flames, the Ducks didn't give Calgary very many chances.

"I said in between periods, the only way I think we can lose is if we get into a track meet with these guys and you go chance for chance or take dumb penalties," said Ducks coach Bruce Boudreau. "In the first period we took four and the last period we took none. It's a big difference between winning and losing, doing the right little things."

THE CANADIAN PRESS

The Ducks' Patrick Maroon provides a screen in front of Flames goaltender Jonas Hiller for a first-period goal credited to Hampus Lindholm on Monday. LARRY MACDOUGAL/THE CANADIAN PRESS

73.4

Calgary has surrendered three power-play goals in three consecutive games and the Flames are now last in the NHL at 73.4 per cent.

WEEKEND RECAP

T.O. cool under spotlight

2016 NBA ALL-STAR

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued.

Cheerleaders and just about anybody else with a pass crowded onto the hardwood for photos or just to savour the moment.

All-star weekend is a party. And like most good parties, nobody wants to leave.

For those keeping count, the West won 196-173 in a game that erased the existing all-star records for most points by one team (163) and total points by two teams (321).

While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

"It's the most fun I've ever had at an all-star game just because of the predominant group of the young talented kids coming up like the new stars and watching them interact with each other was a thrill for me," said the veteran San Antonio Spurs coach.

And despite the frigid weather, Toronto showed its heart when it comes to hoops.

"I think everybody got the feel of the energy that we witness every single night when we play as Raptors players," said Toronto forward DeMar DeRozan, who had several highlight-reel dunks. "I think all the guys really got insight on how in-tune the city of Toronto and all of Canada is to basketball."

Added teammate Kyle Lowry: "Toronto, I think we put ourselves on the map a little bit around the world."

THE CANADIAN PRESS

Kobe Bryant played in his final all-star game on Sunday. VAUGHN RIDLEY/GETTY IMAGES

CFL

Als sign ex-Stamps defensive lineman

The Montreal Alouettes signed former Calgary Stampeders defensive lineman DeQuin Evans to a one-year contract on Monday and inked two more defensive linemen, Markell Carter and Ike Igbinosun, to two-year deals.

The 28-year-old Evans played the last two seasons with Calgary, winning a Grey Cup in 2014. He had 19 defensive tackles and three sacks in nine CFL games.

Carter started the 2015 season on the Als' injured list and practice roster, while Igbinosun has had stints with four NFL teams.

THE CANADIAN PRESS

> **DeQuin will bring some experience and has shown he can be successful in the CFL.**
>
> Jim Popp, Alouettes GM, on DeQuin Evans

IN BRIEF

Hernandez settles lawsuit with friend who was shot

Former NFLer Aaron Hernandez has settled a lawsuit filed by a man who says Hernandez shot him in the face.

The Boston Globe reported that attorneys for Alexander Bradley said in documents filed Friday in Miami that the suit was settled. Terms weren't disclosed. Bradley was seeking damages for injuries he suffered in a February 2013 shooting.

THE ASSOCIATED PRESS

SLALOM

Canada's Gagnon collects bronze

Canadian Marie-Michele Gagnon finished third Monday in a women's World Cup slalom event in Crans-Montana, Switzerland.

Gagnon, of Lac-Etchemin, Que., finished .50 seconds behind American winner Mikaela Shiffrin. France's Nastasia Noens was second, .45 seconds behind Shiffrin.

Shiffrin earned the victory in her first race after missing two months due to injury.

Crossing the line smiling after her second run, Shiffrin turned to look at the timings board then put her head in her hands.

"I came in blind a little bit," she said. "I knew my training skiing was some of the best I was doing but I just wasn't sure. It was kind of close your eyes and go, see what happens at the end of the run. THE ASSOCIATED PRESS

Marie-Michele Gagnon GETTY IMAGES

RECIPE Quinoa Stuffed Peppers

Ceri Marsh & Laura Keogh
For Metro Canada

A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and, — everyone's favourite — cheese.

Ready in
Prep time: 30 minutes
Total time: 60 minutes
Makes: 8 peppers

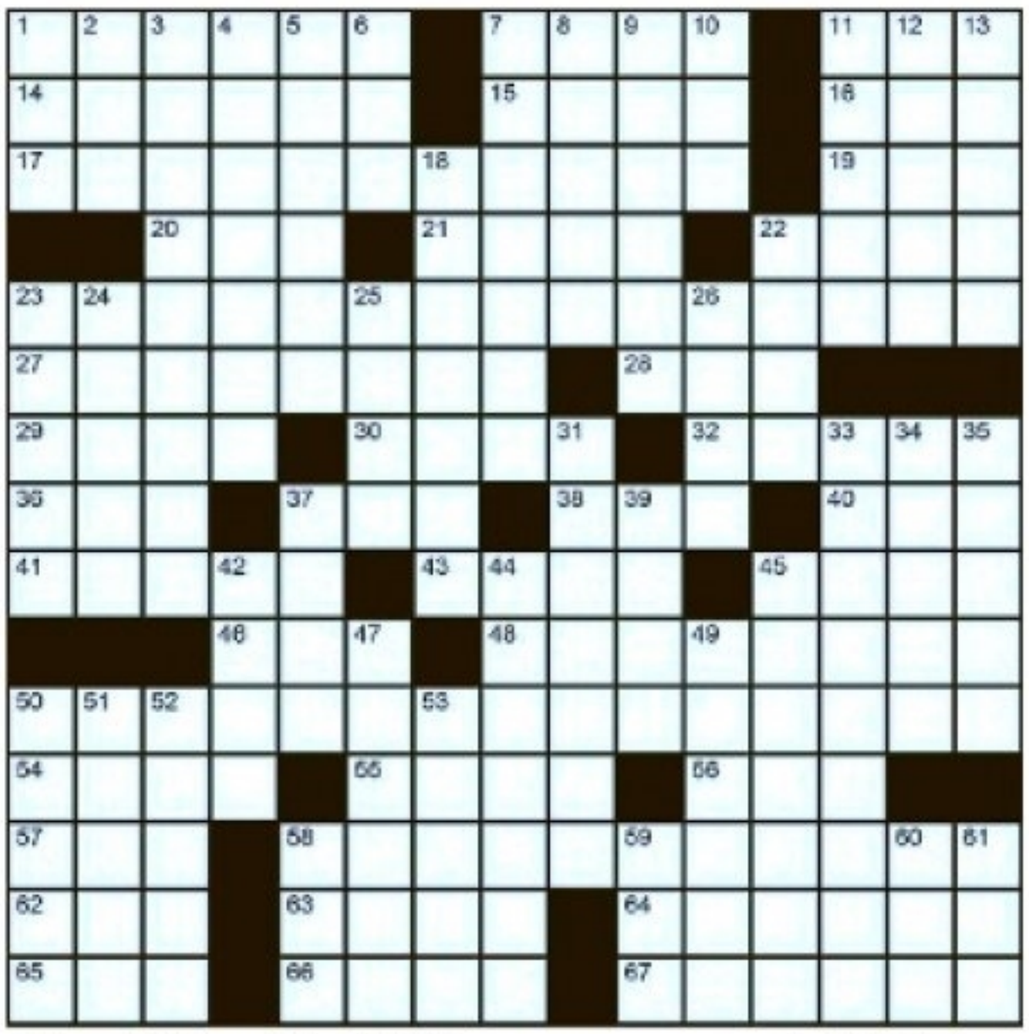
Ingredients
- 3 cups cooked quinoa
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup tomatoes, diced
- 1/2 cup cheddar cheese, grated
- 1/4 cup feta cheese, diced
- 3 Tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper
- 8 bell peppers, tops cut, stemmed and seeded

Directions
1. Preheat oven to 350 F.
2. In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
3. Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
4. Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Something to generously pick up in a restaurant: 2 wds.
7. Microchip-implanting gr.
11. Ohs partners
14. Madonna's "La Isla _"
15. Greenish-blue
16. Mouse's lab friend
17. New comedy streaming on CraveTV set in small-town Ontario
19. Scientist's 'eggs'
20. 'To hear' in Spanish
21. Vitamins added to milk, _ _ D
22. Prayer ender
23. Not including freshwater, Canada covers over nine million what?: wd. + abbr. + wd. + wd.
27. _ Hall (New York concert venue)
28. Clear
29. Flight schedule acronyms
30. "Climb _'_ Mountain"
32. Schedule times
36. Henpeck
37. Mr. Gershwin
38. Food flavouring brand
40. Goth rocker
41. Sole pattern
43. Model-turned-mogul Heidi
45. Walter Pidgeon's character in "Mrs. Miniver" (1942)
46. Bathroom cleanser
48. Strauss 1933 title soprano role
50. The astrolabe, as used by explorer Samuel de Champlain: 2 wds.
54. Wading bird
55. Filing cabinet abbr.
56. Dick Tracy, e.g.
57. Super Bowl 2016 MVP Mr. Miller
58. Verdi opera: 3 wds.
62. Nightfall
63. Flashy fabric
64. Cabernet _ (Wine by Canadian entrepreneur Kevin O'Leary)
65. Bronze Roman money
66. U.S. liquid meas.: 2 wds.
67. Primps

DOWN
1. Li'l dinette piece
2. Furrow maker
3. VIP's crew
4. Renaissance paintings like The Death of Actaeon
5. Pied-_-_ (Country dweller's dwelling-in-the-city)
6. Tavern
7. Broccoli cooker
8. Oscar-winner Sean's
9. Frankness
[var. sp.]
10. Rita Hayworth's royal husband, _ Khan
11. Bouquet property
12. Oasis
13. Television support
18. Three-pronged Arctic fishing spear
22. Actor Alan
23. "_ of a Woman" (1992)
24. Doha's locale
25. Spa city in Hungary
26. Retro dog name
31. "That's awesome, dude.": 2 wds.
33. Make up the narration: 3 wds.
34. Singer Ms. Sande
35. Totally ticked: 2 wds.
37. Peter, Paul and Mary's "_ _ Rock and Roll Music"
39. Marvel mutant
42. Notice: French
44. _-faire
45. Cause _ (Attention-grabbing controversy)
47. Bear or elk or Canuck
49. Way worse
50. Skin care company
51. Over
52. Grapes graspers
53. Laura Branigan hit that goes "God how I love you so.": 2 wds.
58. Alien sitcom
59. Sovereign, e.g.
60. Mr. Chaney Jr.
61. Fire dept. ranks

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

Taurus April 21 - May 21
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

Gemini May 22 - June 21
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

Cancer June 22 - July 23
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

Leo July 24 - Aug. 23
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you cannot be colleagues, or even friends.

Virgo Aug. 24 - Sept. 23
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

Libra Sept. 24 - Oct. 23
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

Scorpio Oct. 24 - Nov. 22
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

Sagittarius Nov. 23 - Dec. 21
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

Capricorn Dec. 22 - Jan. 20
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

Aquarius Jan. 21 - Feb. 19
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

Pisces Feb. 20 - March 20
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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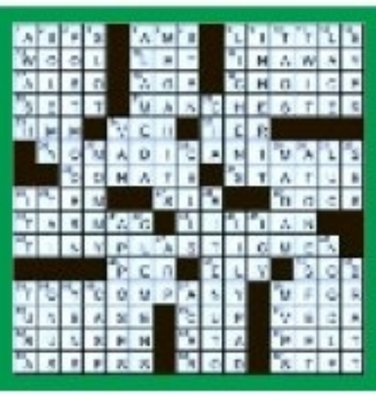

3	5	2	4	1	9	7	8	6
9	1	6	7	8	5	3	2	4
4	7	8	6	2	3	1	9	5
8	6	7	1	3	4	9	5	2
5	4	1	9	7	2	6	3	8
2	3	9	5	6	8	4	1	7
1	2	4	8	9	6	5	7	3
6	9	3	2	5	7	8	4	1
7	8	5	3	4	1	2	6	9

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